

GENERAL EYE HEALTH

EATING FOR GOOD EYE HEALTH

You can **lower your risk** of developing eye conditions such as **macular degeneration** by **eating these foods regularly**.



1

COLD-WATER FISH SUCH AS SALMON



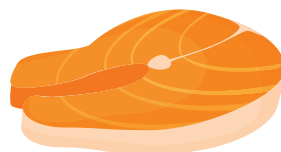
Fresh



Frozen



Tinned



Omega-3 oils



3 times a week

2

LEAFY GREENS

Spinach, kale, cabbage,
brussel sprouts



Lutein and zeaxanthin



A serving every day

3

BRIGHT-COLOURLED VEGETABLES

Yellow foods, e.g. pumpkin,
yellow capsicum and
sweet potatoes



Betacarotene, vitamins C and A,
niacin, lutein and amino acids

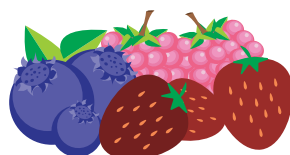


3-5 times
a week

4

BRIGHT-COLOURLED FRUITS

Blueberries, strawberries,
raspberries



Rich in vitamin C



3-5 times a week

5

NUTS AND SEEDS

Almonds, sunflower seeds,
pecans



Vitamin E



Once a day



EAT FOR YOUR EYES

Your vision and the rest of your body will thank you



For more information, visit visioneyeinstitute.com.au/eyematters/eating-healthy-eyes